

QUICK REFERENCE CARD

HGV Medical Requirements 2026

D4 Group 2 medical — everything you need to know.

The D4 medical is the first step to getting your HGV licence

Before you can apply for a provisional HGV licence, you must pass a Group 2 medical examination (DVLA form D4). This is carried out by a GP or approved medical practitioner and assesses whether you meet the higher medical standards required for professional driving. This guide tells you exactly what to expect.



Book Early

Book your D4 medical as soon as you decide to get your HGV licence — it is the first step.



Cost: £50–£100

Charged by the GP or clinic. Not covered by the NHS. Valid for 4 years (1 year from age 65).



Form D4

Your doctor completes DVLA form D4. You submit this with your D2 provisional licence application.

What the D4 Medical Examines



Vision

Minimum 6/7.5 in better eye and 6/60 in worse eye (with glasses if worn). Visual field: at least 160° horizontal, 70° above and below fixation. No monocular vision.



Blood Pressure

Must be below 180/100 mmHg to drive. Between 180/100 and 200/110 — may be licensed with monitoring. Above 200/110 — not licensed until controlled.



Heart Conditions

Angina, arrhythmia, pacemakers, and previous heart attacks are assessed individually. Many conditions are manageable — DVLA decides case by case.



Diabetes

Insulin-treated: must use a CGM (continuous glucose monitor) — rule updated November 2025. Tablet-controlled: generally licensable with annual review. Diet-controlled: no restriction.



Epilepsy

Must be seizure-free for 10 years without medication, or 5 years seizure-free on medication (DVLA discretion). Any recent seizure is likely to result in refusal.



Sleep Apnoea

Obstructive sleep apnoea must be treated (CPAP). Untreated OSA is a bar to Group 2 licensing. Treated OSA with compliance evidence is generally licensable.



Mental Health

Depression, anxiety, and other conditions are assessed individually. Medication and stability are key factors. DVLA decides on a case-by-case basis.



Musculoskeletal

Limb disabilities are assessed for whether they affect safe vehicle control. Adaptations may be approved. Discuss with your doctor before the medical.

Group 2 Medical Standards at a Glance

Condition	Standard	Notes
Vision (better eye)	6/7.5 or better	With glasses/contacts if worn
Vision (worse eye)	6/60 or better	With glasses/contacts if worn
Visual field	160° horizontal min	70° above and below fixation
Blood pressure	Below 180/100	Higher may be assessed individually
Insulin-treated diabetes	CGM required	Rule updated November 2025
Epilepsy	10 yrs seizure-free (no meds)	5 yrs on medication (DVLA discretion)
Sleep apnoea	Must be treated (CPAP)	Compliance evidence required
Colour vision	No requirement	Colour blindness does not bar HGV
Hearing	No minimum standard	Assessed if severe impairment
Age	No upper age limit	Annual renewal from age 65

Medical renewal frequency

Age	Renewal frequency
Under 45	Every 5 years (with licence renewal)
45–65	Every 5 years (with licence renewal)
65 and over	Annually

How to Prepare for Your D4 Medical



Bring your glasses or contact lenses

If you normally wear glasses or contacts for driving, bring them to the medical. The vision test is conducted with your corrective lenses.



List your current medications

Bring a list of all medications you are currently taking. Some medications affect DVLA licensing decisions – your doctor needs to know.



Bring form D4

Download DVLA form D4 from gov.uk before your appointment. Some clinics have copies, but it is better to bring your own.



Disclose all conditions honestly

You are legally required to disclose all relevant medical conditions to DVLA. Failing to do so can result in prosecution and invalidate your insurance.



If you have diabetes

If you use insulin, ensure your CGM is set up and you have recent data to show your doctor. This is a requirement since November 2025.



If you are unsure, ask GS

GS Driver Training can advise on whether a known medical condition is likely to affect your HGV licence application. Call 01252 447808 before booking your medical.



A failed medical does not always mean the end

Many conditions that initially prevent licensing can be managed and re-assessed. If your D4 medical raises concerns, speak to your GP about treatment options and contact DVLA for guidance before giving up on your HGV licence.

Where to Get Your D4 Medical

The D4 medical is not available on the NHS — you must pay for it privately. Here are your options.



Your own GP

Many GPs offer D4 medicals as a private service. Cost: £50–£100. Call your surgery to ask. Waiting times vary.



Private medical clinics

Specialist occupational health clinics often offer D4 medicals with short waiting times. Search 'D4 medical near me' to find local providers.



DVLA-approved practitioners

Any registered medical practitioner can complete a D4. They do not need to be on a specific DVLA list.



How long does it take?

The medical examination itself takes approximately 30–45 minutes. Results are usually available immediately.



What happens after?

Your doctor completes form D4 and gives it to you. You submit it with your DVLA D2 provisional licence application.



Cost

Typically £50–£100. There is no fixed price — it varies by provider. Shop around if cost is a concern.



Book your medical before you do anything else

The D4 medical is the very first step in getting your HGV licence. Book it today — even before you apply for your provisional licence. This saves time and means you can start everything else in parallel.



Ready to start your HGV journey?

Call GS Driver Training today for expert guidance on every step.

Contact Us

Phone: 01252 447808

Email: gary@gsdrivertraining.com

Web: www.gsdrivertraining.com

Training base: Surrey, serving the South East.

All Courses Available

- ✓ Category C+E Articulated (Class 1)
- ✓ Category C Rigid HGV (Class 2)
- ✓ Category C1 Medium Vehicles
- ✓ PCV / Minibus / Ambulance
- ✓ Driver CPC Initial Qualification
- ✓ Driver CPC Periodic Training
- ✓ Tachograph & Compliance



Best HGV Training Company – 6 Consecutive Industry Awards

DVSA Test-Standard Training • Male & Female Instructors • 5-Star Rated • DBS-Checked

GS DRIVER TRAINING

© 2026 GS Driver Training. All rights reserved.
Information correct at time of print.